

# Instructions for Text Messages

You will be getting text message reminders to take your blood pressure (BP).

## How it Works:

- 1 When you get the text from REACH OUT to take your BP, follow the instruction sheet for taking your BP at home
- 2 Text your BP to "REACH OUT" as xxx/xxx (for example: 135/80)

- Text 'CHANGE' to change the amount of texts you get.
- Text 'GRAPH' to receive a graph that tracks your BP readings.
- Text 'INFO' to review your options for reach out text messages.
- Text 'SNOOZE' to take a 2 week break.
- Text 'END' to stop your messages. We'll only contact you for follow-up at 3 months.

**\*The text messages are not read by medical providers, so never text medical questions. If you are having an emergency, please call 911**

### Abbreviations we may use:

BP = Blood Pressure  
ED = Emergency Department  
Dr = Doctor  
Meds = medications



Have questions about REACH OUT study? Call or text the REACH OUT staff at (810) 337-8399

